

## Waldorf Salad<sup>15</sup>

Number of Servings: 15 (121.79 g per serving)

Amount	Measure	Ingredient
9 1/2	Tbs	Topping, whipped, lite
9 1/2	Tbs	Dressing, mayonnaise, light
3 1/8	lb	Apples, fresh, med, 2 3/4"
1 1/4	cup	Celery, fresh, diced
9 1/2	Tbs	Nuts, walnuts, black, dried, chpd

### Nutrients per serving

Nutrition Facts			
Serving Size (122g)			
Servings Per Container			
Amount Per Serving			
Calories 120		Calories from Fat 60	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	90mg		4%
Total Carbohydrate	16g		5%
Dietary Fiber	3g		12%
Sugars	10g		
Protein 2g			
Vitamin A 2%		Vitamin C 8%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Dice apples, with or without peel, into fruit juice to prevent apples from turning dark. Drain and stir into mayonnaise combined with whipped topping. Add celery and walnuts (optional). Mix lightly until all ingredients are coated with dressing. Serve with #8 scoop.

1 serving = #8 scoop = 1/2 cup = 1 fruit serving

1 serving = 1 Carb Serving